

# THE JACK KNIFE



*“The Pilates Method teaches you to be in control of your body and not at its mercy.”*

This looks advanced and it is. Once mastered, you will fully appreciate the power and control from the core muscles and the amazing stretch. A bit of a workout for the triceps muscles too.

## Anatomy

- Builds strength in the core.
- Tones the triceps.
- Stretches the back and shoulders.

## Method – 3 repetitions

- Laying on your back with your legs stretched to the ceiling and squeezed together, stretch your arms along the ground, engage your core and inhale to prepare.
- As you exhale, press your arms and hands into the floor and lift your hips off the ground, stretching your legs back behind you so that you have a 90-degree angle at the hip.



- As you inhale, stretch your arms away as you press down and use your core muscle to stretch your pointed toes to the ceiling above your face.
- Exhale to take the legs back behind.

## Teaching Tips

- Always cue pressing down with the arms as it is very easy to lose balance and injure the neck.
- For balance, the legs need to be glued together.
- Check that clients aren't taking the weight onto the head, but keeping it on the shoulders, again for the safety of the neck.
- No swinging!

## Modifications

There aren't any really. Beginners and intermediate clients can build to it by strengthening the core and practicing the Roll Over.

## Imagery

- Imagine the blade of a Swiss army knife clicking from one position to another.
- Arms glued to the mat.